Claims:

[c1] *1.* A software application methodology that enables consumer/patients to record, store, manage, update, and share personal health history, medical encounters, dental encounters, and pharmacy encounters with doctors, dentists, hospitals, pharmacies, and other healthcare providers.
2. A method according to claim 1, wherein a re-write enabled, pocket sized, compact computer disk is employed to independently record, store, and share patient information between patients and providers.

[c2] *3.* A method according to claim 1, wherein application software records, stores, organizes, updates and communicates health information from and to a re-write enabled, pocket size, compact computer disk.

[c3] *4.* A method according to claim 1, wherein access to healthcare information contained on a compact disk is privacy protected by means of a Personal Identification Number (PIN) created by the patient/user.

[c4] *5.* A method according to claim 1, wherein the application software resident on the pocket sized re-write enabled compact disk enables the application software to automatically exchange pre-defined data points such as, date of service, medical/dental complaint, probable diagnosis, treatment, and prescriptions with provider practice management and billing systems.

[c5] *6.* A method according to claim 1, wherein patient identified data sub-sets may be further password protected by the patient/user to prevent access by those authorized to access other non-protected data subsets.

[c6] *7.* A method according to claim 1, wherein the imbedded software application automatically updates patient health histories from data subsets associated with the application's medical, dental and pharmacy encounter screens and enables healthcare providers to view and/or print a current patient health history.